

# 32 Parts of the Body in 16 Languages

## Dvattimsakāro

(၃၂) ကောဠိက  
ထထေ ထောဝိဇိ ဝိဇိဇေသ  
ກາຍະ ၅၆ ခဲဝဲ  
စာကရ 32

शरीर का ३२ कौटा हस्  
शरीर के ३२ कौटांथां  
शरीरे ३२ प्रकार अस्  
ਸਰੀਰ: ੩੨ ਟੁ ਮਾ ਭਗਮਘ

몸의 32 부분  
32 身分  
(さんじゅうにしんぶん)  
32 thể phần

Les 32 parties du corps  
32 Bahagian Tubuh  
32 Body-parts  
32 Körperteile

Myanmar  
Sinhalese  
Thai  
Laos  
Cambodian  
Hindi  
Nepali  
Bengali  
Korean  
Chinese  
Japanese  
Vietnamese  
German  
French  
Indonesian  
English



## *Publishing Information*

This illustrated booklet has been prepared with the intention of helping Buddhist meditators in their practice of meditation.

The pictures, diagrams, terminology and other relevant data were, for the most part, compiled and edited by meditation teachers, bhikkhus, nuns, and lay meditators of various nationalities practicing at the Pa-Auk Meditation Centre (Main) of Myanmar.

Also, Venerable Ananda and Dr. Panth of India, and Venerable Khambay Saysongkham of Laos contributed in the list of translation.

The graphic designs were accomplished by U Hpone Kywe (Edward) and family. They contributed their time and expertise in the design and production of the booklet.

Some of the photographs were obtained from the Dhammajāta (DVD) and some others were used with the permission granted by Wat Pah Nanachat, Thailand.

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# Kesā

ဆံပင်

කෙස්

අත / සීම

‘လက်’ ဓာတ်စာ

केश

कपाल

କେଶ

머리털

髪 (かみ)

Tóc

Kopfhaare

Cheveux

Rambut

Head-hairs





# Lomā

မွေးညှင်း

ලොම්

ขน / ขี้น

നാശ ടാങ്ക്നായ

लाम

രീ

লোম

몸털

毛 (け)

Lông

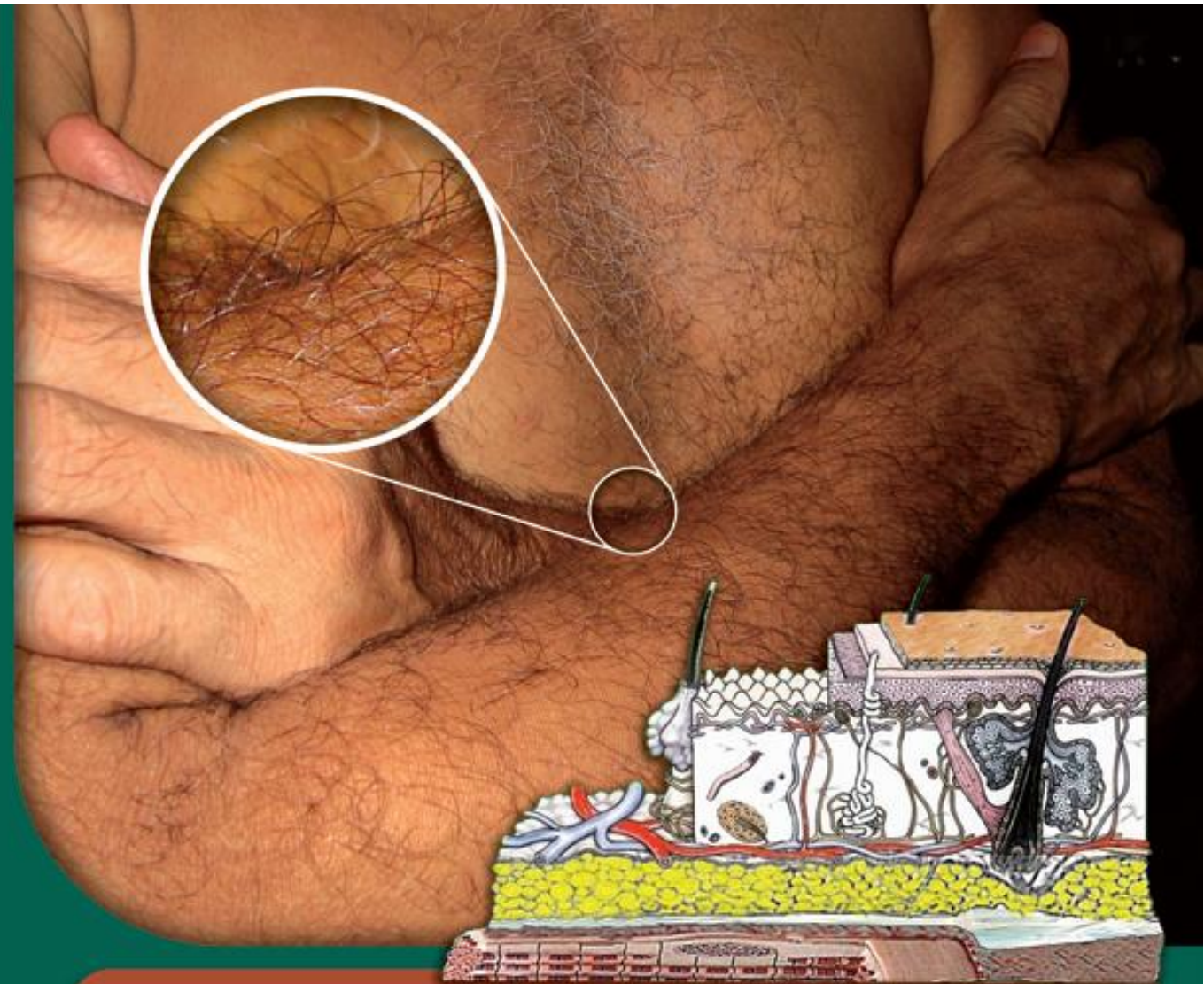
Körperhaare

Poils

Bulu

Body-hairs

2/32



Lomā grow in most of the rest of the inner skin that envelops the body, except for the locations where the head hairs are ... and for the palms of the hands and soles of the feet.

*Visuddhimagga*

# Nakhā

လက်သည်းခြေသည်း

கிடை

လိပ် / လိပ်

ಗ್ರಹಣ

नाखून

नङ्ग

நங்

손톱

爪 (つめ)

Móng

Nägel

Ongles

Kuku

Nails





# Dantā

သွား

ငြိတ်

ฟัน / แฉ้ว

သွေ့ ဓံင်စံင်

दाँत

दाँत

दन्त

이빨

齿 / 齒 (は)

Răng

Zähne

Dents

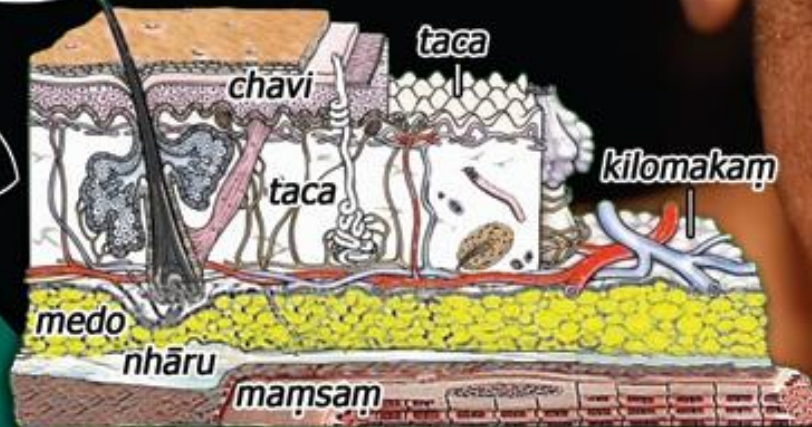
Gigi

Teeth



# Taco

အရေ  
සම්මိ  
หนัง / ໜັງ  
ໂສມ  
चमड़ी/त्वचा  
छाला  
ਤੁਕ  
살갓  
皮 (かわ)  
Da  
Haut  
Peau  
Kulit  
Skin



Taca, the inner skin (dermis) envelops the whole body. Outside it is what is called the outer cuticle (chavi), which is black, brown or yellow in color. Taca itself is white... Delimited above by space... . [\*Visuddhimagga\*](#)



# Mam̐sam̐

အသား

මස්

เนื้อ / ຊີ້ນ

मांस

मांस

मांस

मांस

살

肉 (にく)

Thịt

Fleisch

Chair

Daging

Flesh

6/32



There are nine hundred pieces of flesh.

*Visuddhimagga*



# Nhāru/Nahārū

အကြော

ଅକର(කණ୍ଡିର)

เส้นเอ็น / เส้นเอ็น

ஸரீஸை சாங்காய்

नसे/स्नायु

नसा

স্নায়ু

힘줄

筋 (すじ)

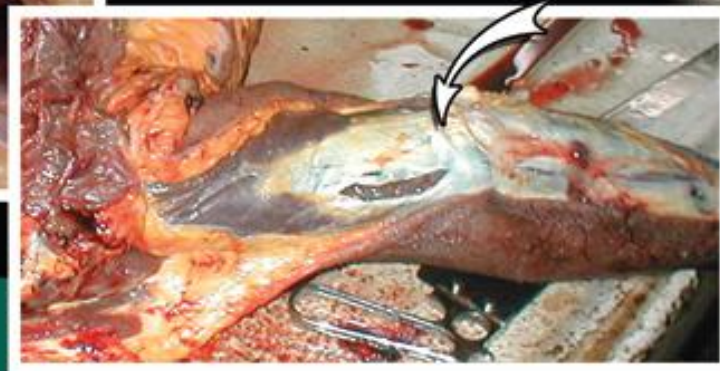
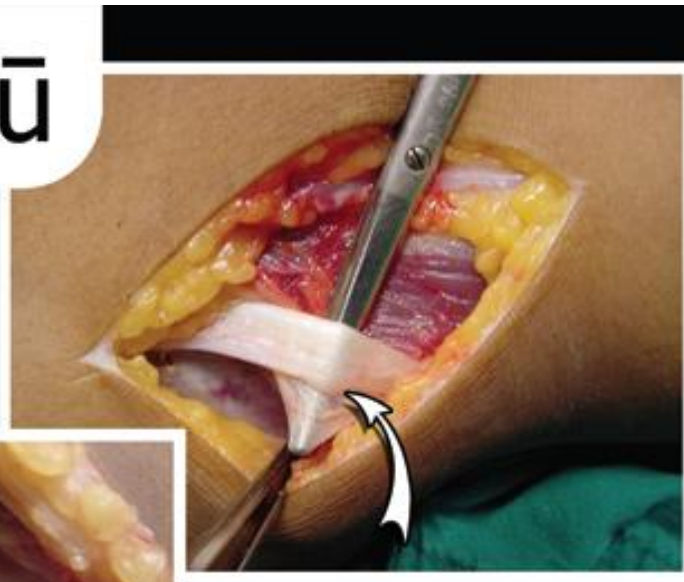
Gân

Sehnen

Tendons

Urat (urat daging)

Sinews



Color : white. Total: 900 sinews...60 great sinews are called "body supporters".

Location : 1) Binding the bones of the whole body together. (*tendon, ligament*)

2) Bounded above by the portions that are in contact with the flesh and the inner skin. (*muscle fascia*)

# Atthi

အရိုး

අපට

กระดก / ກະດູກ

ឆ្អឹង ទាំងឆាយ

हड्डी

हड्डी

অস্তি

骨

骨 (ほね)

Xương

Knochen

Os

Tulang

Bones





# Aṭṭhi-miñjā

ရိုးတွင်းခြင်ဆီ

අපට්ඨදුල

เยื่อในกระดูก /  
เยื่อในกระดูก

ឧរក្ខត្តិ

हड्डीमज्जा

हड्डी भीत्रको मासु

अस्तिमज्जा

골수

骨髓 (こつずい)

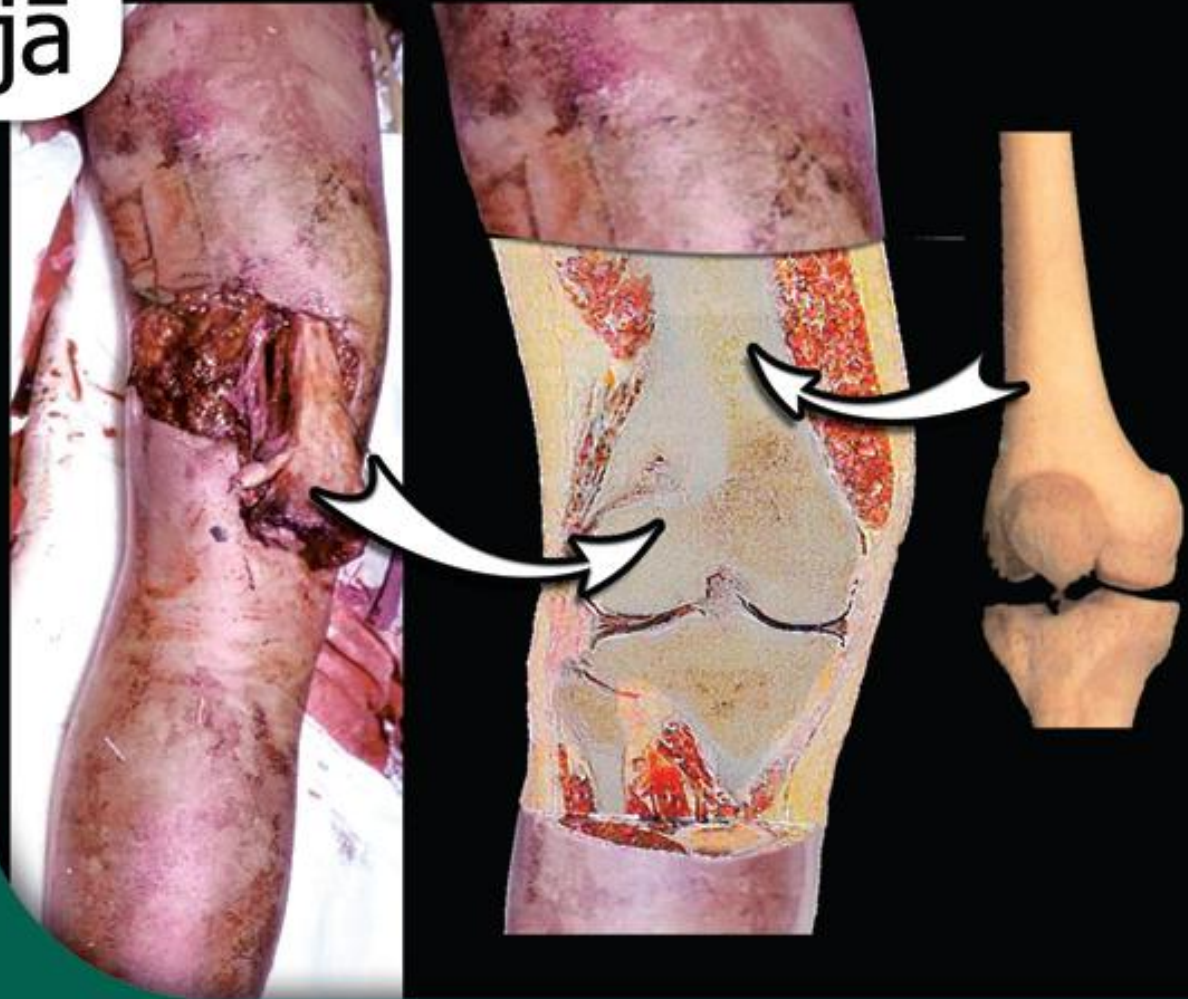
Xương Tủy

Knochenmark

Moelle

Sumsum Tulang

Bone Marrow



# Vakkam

အညို  
ဝါဆူထည့်  
ໄຕ/ຫມາກໄຂ່ຫລັງ

शत

गुर्दा/वृक्क

मृगौला

वृक्क

콩팥

肾/腎臟(じんぞう)

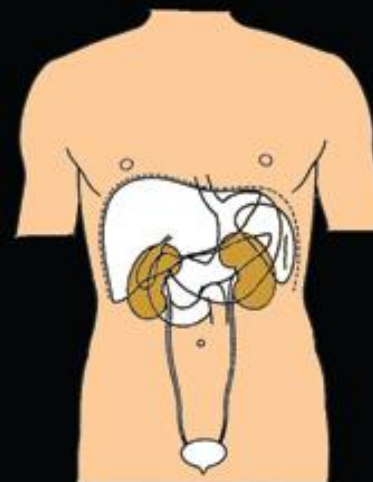
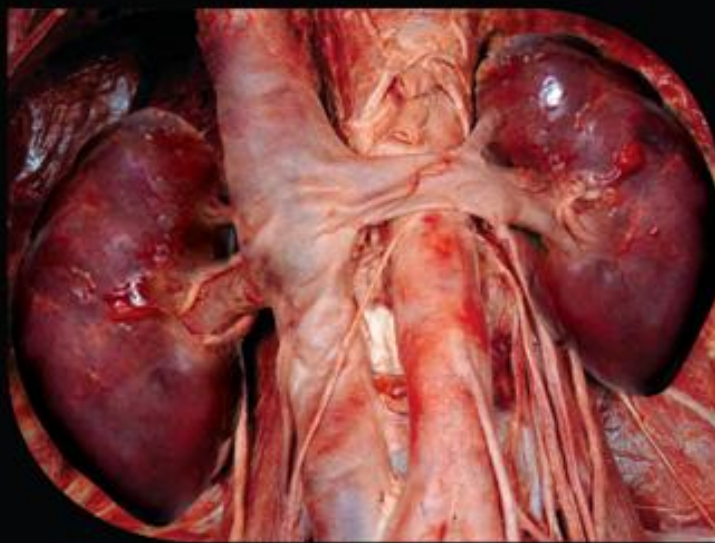
Thận

Nieren

Reins

Ginjal

Kidney





# Hadayam

နလုံး

ဗဒုဝါဘ

หัวใจ/ຫມາກຫົວໃຈ

ဗေဒုဗ

हृदय

हृदय / मुटु

হৃদয়

심장

心臟 (しんぞう)

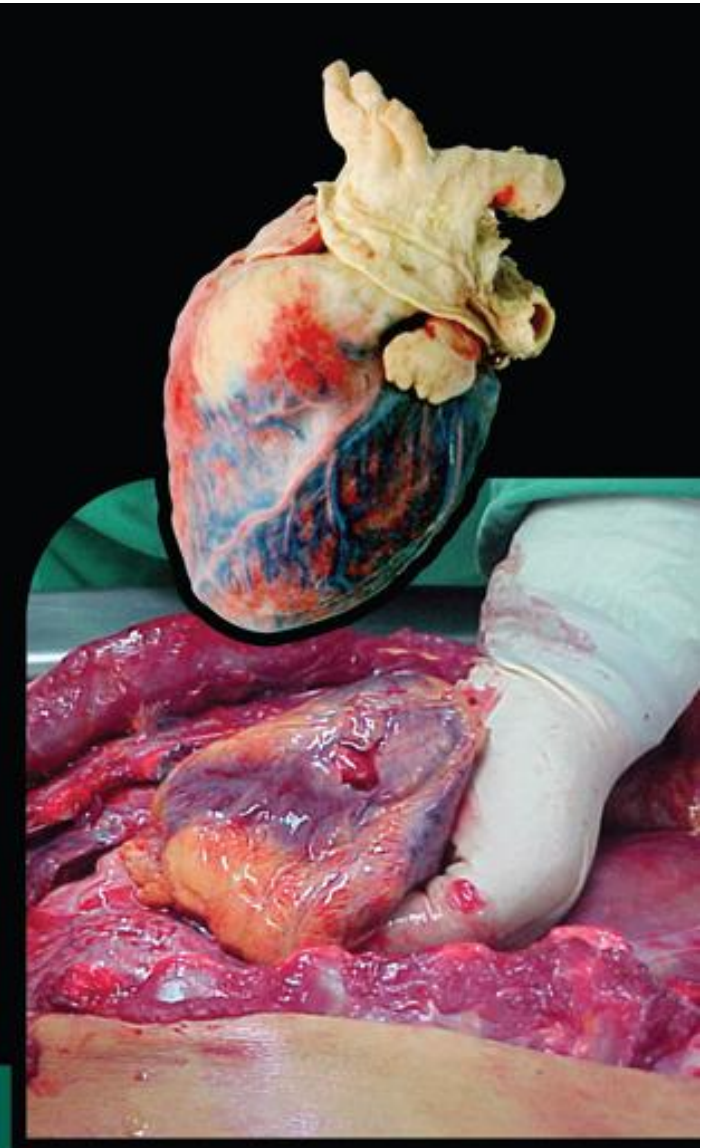
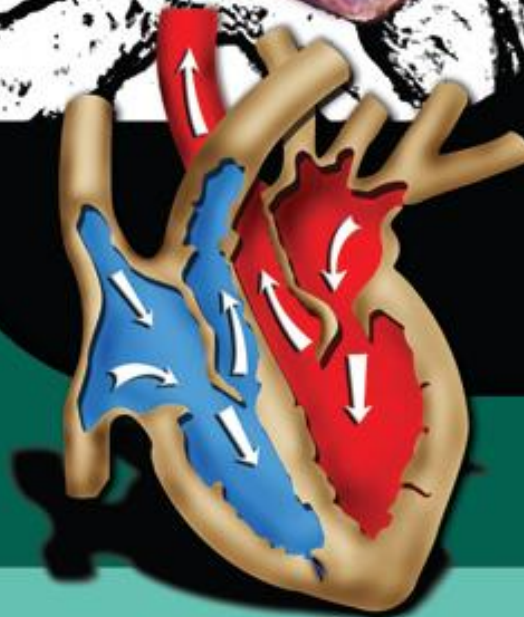
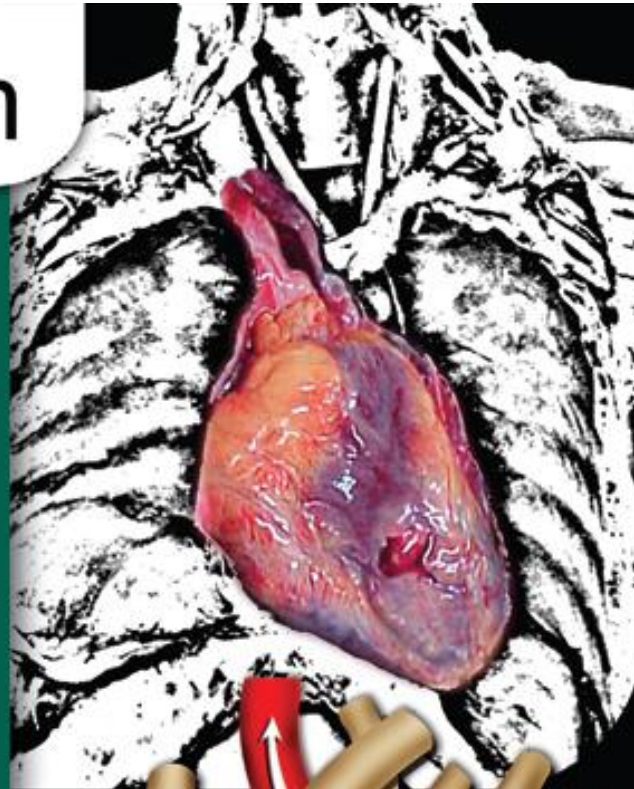
Tim

Herz

Cœur

Jantung

Heart



# Yakanam

အသည်း

අක්මාව

តំប / ត័ប

ថ្លើម

यकृत/कलेजा

कलेजो

যকৃৎ

간

肝臟 (かんぞう)

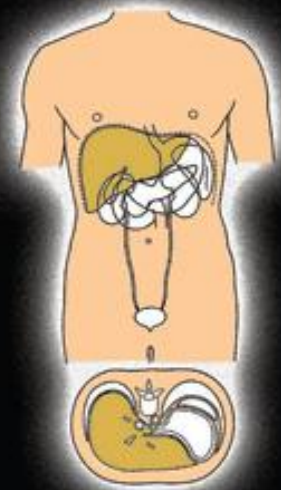
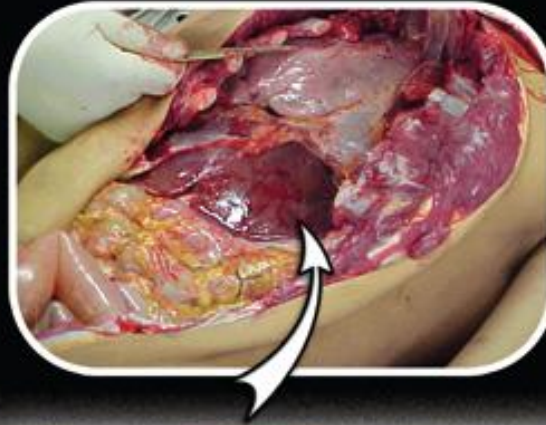
Gan

Leber

Foie

Hati

Liver





# Kilomakaṃ

အမြှေး  
உறவி

พังพืด / ขั้วซี่ง

ମାଂସ

(क्लोमक)

त्वचा और मांस के बिच काअंश  
छाला र मासु के बीच भाग

கோமா

근막

膜 (まく)

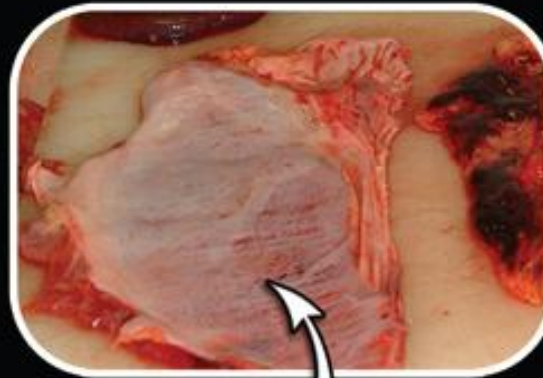
Màng (ruột)

Zwerchfell

Membrane

Selaput/membran

Membrane



*paṭicchanna*



*apaṭicchanna*



*kilomakam*

*Kilomakaṃ*: The covering of the flesh, which is of two kinds:

- 1) The concealed (*paṭicchanna*) : concealing the heart (pericardium) and kidney.
- 2) The unconcealed (*apaṭicchanna*) : covering the flesh under the inner skin (*camma*) throughout the whole body. Color : Both kinds are white.

*Visuddhimagga*

# Pihakam

အဖျဉ်း  
ခင်ဗိုလ်

မံာံ / မံာံ

ကြုတ်  
ပူဟိ/တိလိ

फियो

स्नीह

비장

脾臟 (ひぞう)

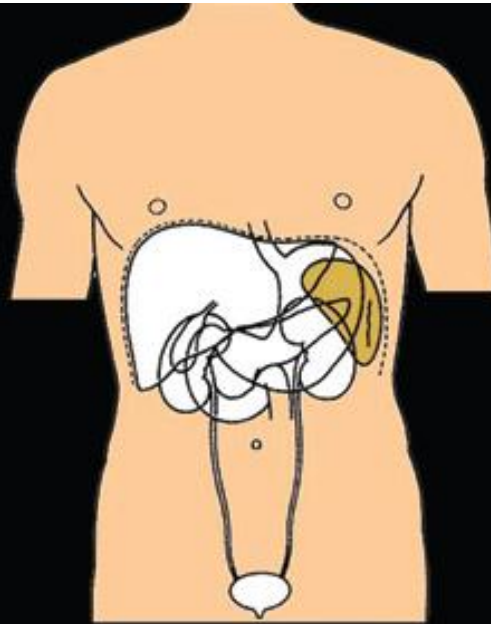
Lá lách [ tí ]

Milz

Rate

Limpa

Spleen





# Papphāsaṃ

အဆုတ်

පෙනහළු

ປອດ / ປອດ

လູກ

फेफड़ा

फोकसो

ফুফুস্

허파

肺 (はい)

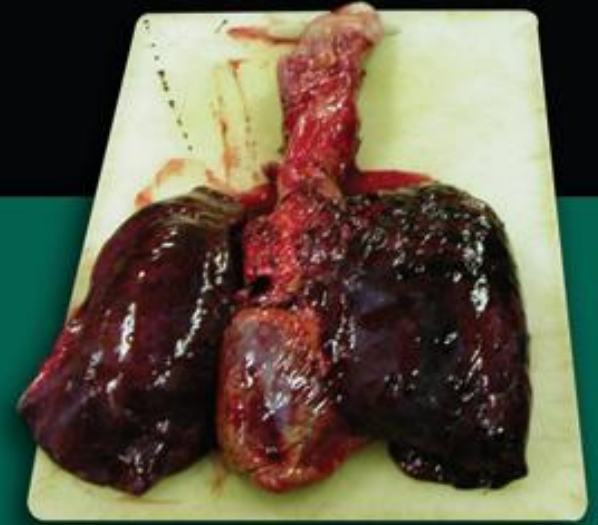
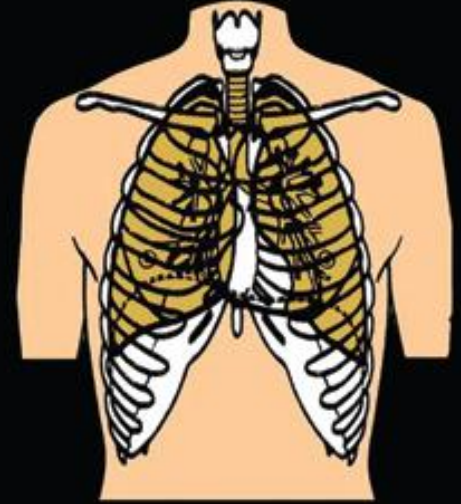
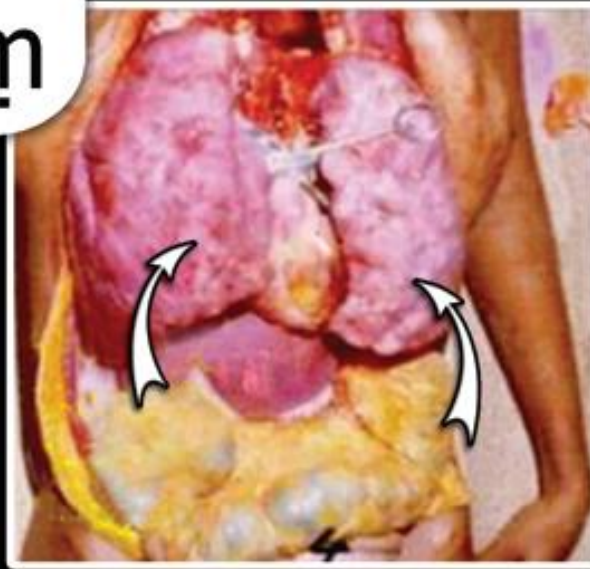
Phôi

Lunge

Poumons

Paru2

Lungs



# Antam

အူ  
මුළු ආහාර මාර්ගය

ลำไส้ / ไส้ใหญ่

ពោះវៀនធំ

आंत

துலு ஆண்டு

অন্ত্র

장

腸/腸 (ちょう)

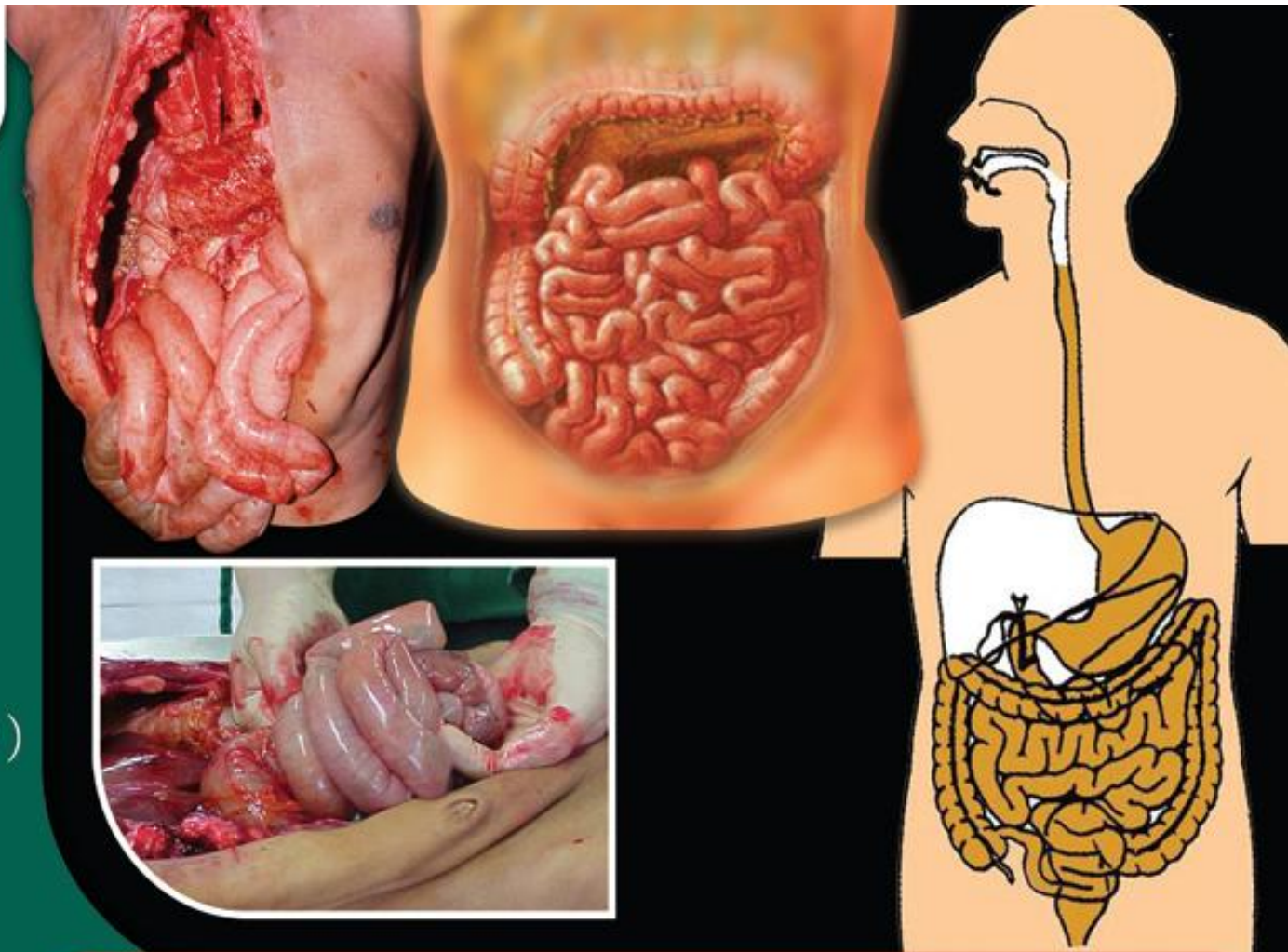
Ruột

Gedärm

Intestins

Usus

Digestive tract



Antam is looped in 21 places of the digestive tract, အူလမ်းကြောင်း: ช่องทางเดินของอาหาร, អាងដោយមួយអាហារ, ពារ វិញ អាហ, 소화관, 消化管しょうかかん, Bộ tiêu hóa, Verdauungs trakt, tube digestif, Salur pencernaan.

Above : : Fastened at the base of the throat (*galavāṭake*) (esophagus).

Below : : The excrement passage (rectum).

*Visuddhimagga*



# Antagunam

အူသိမ်

අතුනු ඛහන්

สายรัดไส้/ ไส้ม้อย

ਠਾ:ਰੇੜਠਠ

आन्तोपेशी/ आँतो-पेशी

सानो आन्द्रो

অন্ত্রাণ

장간막

腸間膜 (ちょうかんまく)

Cơ thành ruột

Darmgekröse

Mésentère

Selaput-Diantara-Usus

Mesentery



Antagunam

*Antagunam* is the fastening in the places where the bowel is coiled. It is be found inside the 21 coils of the bowel (အူလည်ကြိုး) (Mesentery: a double-layer membrane between the loops of intestines အူကြားအခြားဝါး, พังผืดยึดขวางไส้, สามสิบกับ, ភ្ជាស ចន្លោះពោះរវើង



# Udariyaṃ

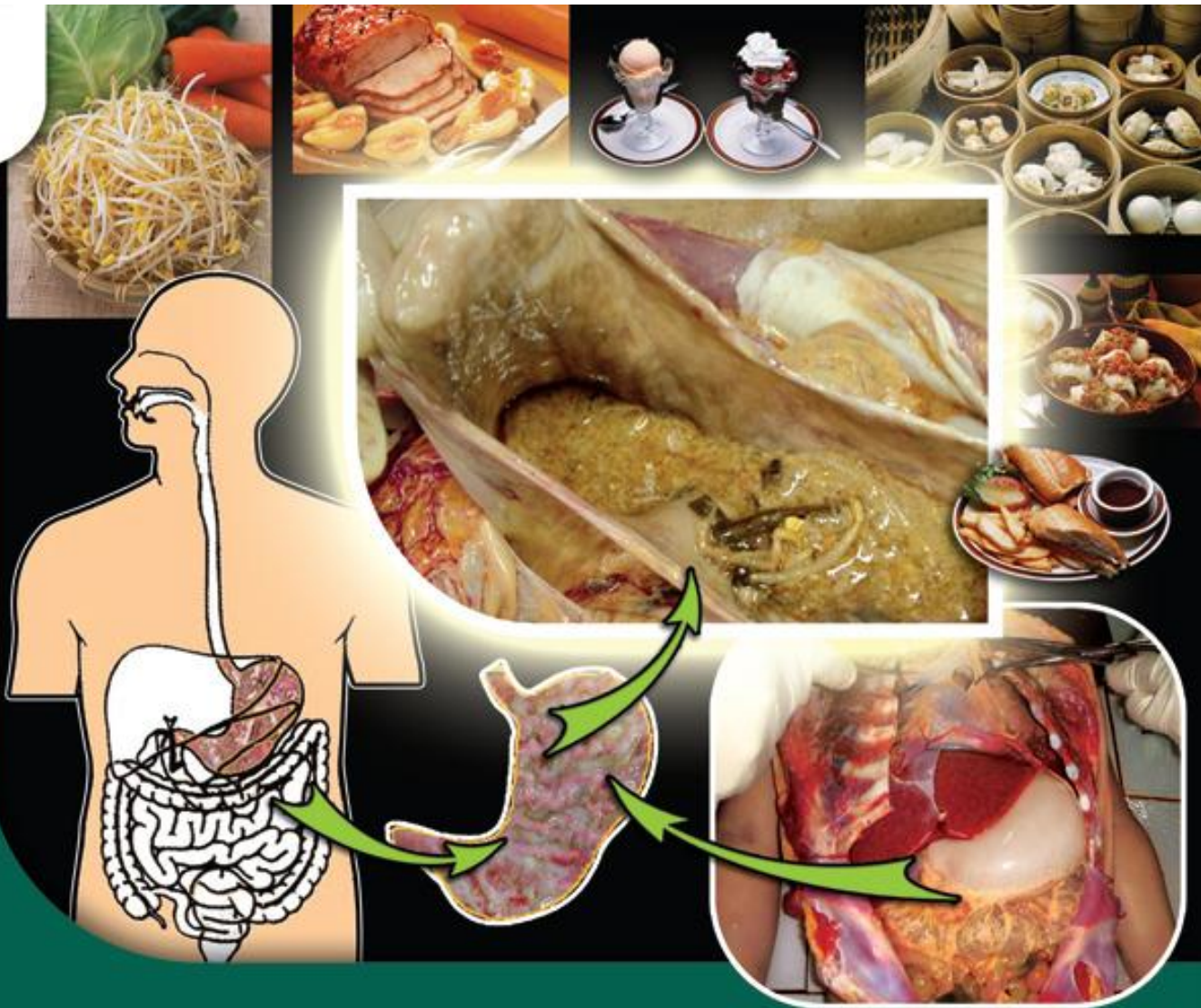
အစာသစ်  
කොප්පෙනු ආකාර  
อาหารใหม่ / ฐุขะอาม  
អា ហាថ្មី  
उदरस्त वस्तुये  
ਲਾਦੀ  
উদরস্ত বস্তু  
위장안 음식  
胃中物 (いちゅうぶつ)  
Vật trong bao tử  
Mageninhalt  
Contenu d'estomac  
Makanan Baru

Gorge

18/32

*Udariyaṃ*: This is what has been eaten, drunk, chewed and tasted, and is present in the stomach.

[Visuddhimagga](#)





# Karīsamḥ

အစာဟောင်း

මම, අඳුළු

อาหารเก่า / 糞

អាហារចាស់

पाखाना/गुँह

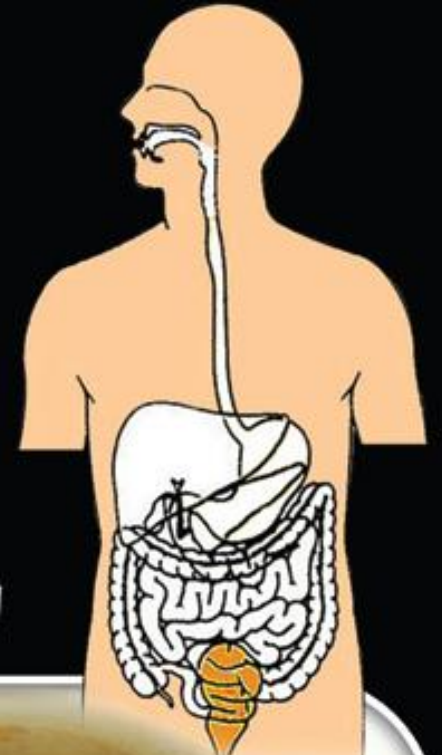
मल

बिच्छे

똥

糞/大便 (だいべん)

Phân/ cứt



# Matthaluṅgaṃ

ဦးနှောက်

ဇီဝဗေဒ

ສາມອင်္ဂါရီမະ / ສະຫມອງ

ខ្នងក្បាល

दिमाग/मस्तिस्कपिण्ड

दीमाक / गिदी

মস্তিষ্ক-পিণ্ড

𑄎

脳/腦 (のう)

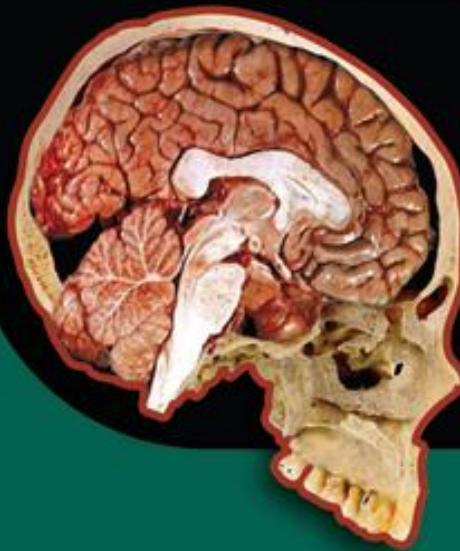
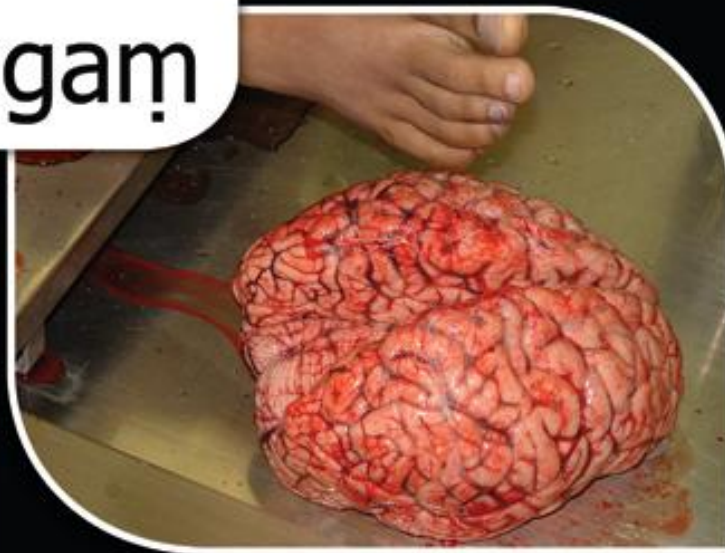
Bộ não / óc

Gehirn

Cerveau

Otak

Brain





# Pittam

သည်းခြေ

ဗီဇ

น้ำดี / นํ้าขี้

ပုဗ္ဗာဏံ

पित्त

पित्त

பித்த

담즙

胆汁 (たんじゅう)

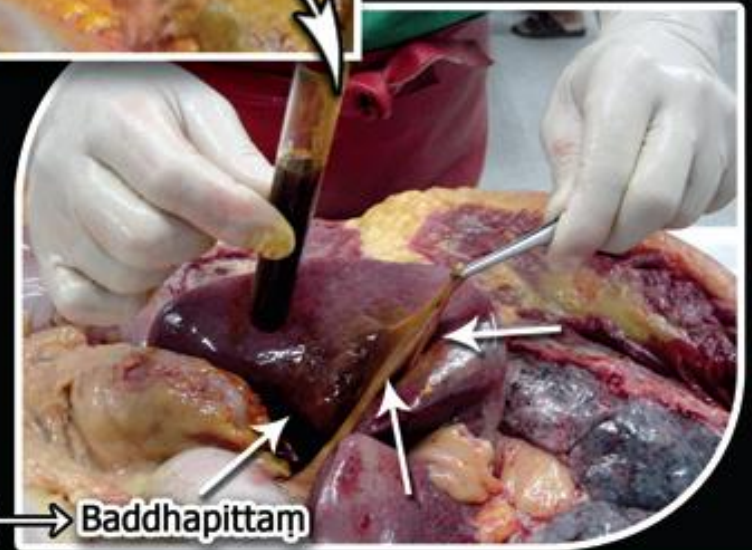
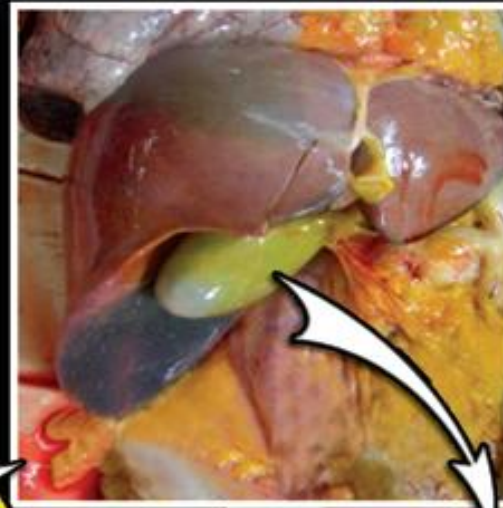
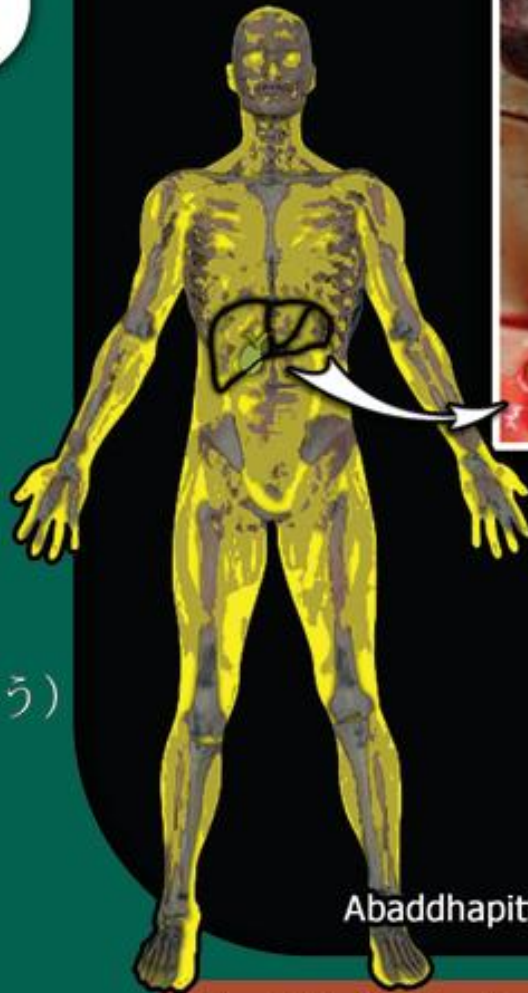
Mật

Galle

Bile

Empedu

Bile



Abaddhapittam

Baddhapittam

- 1) Local bile (*baddhapittam*) : To be found in the bile container (gallbladder).
- 2) Free bile (*abaddhapittam*) : It (*Bilirubin pigment*) spreads, like a drop of oil on water, all over the body except for the fleshless parts of the head hairs, body hairs, teeth, nails and the hard dry skin (*Bilirubin pigment*).

Visuddhimagga

# Semham

သလိပ်

ဇေတိ

น้ำเสลด / ຂີ້ກະເစີ

សេស្ម

श्लेष्मा/कफ

खकार

শ্লেষ্মা

가래

痰 (たん)

Đàm

Schleim

Flegme

Dahak

Phlegm



*Semham* is to be found on the stomach's surface and measures a bowlful....when food, drink, etc., fall into the stomach, the phlegm divides and then spreads together again.

*Visuddhimagga*

(Medical term: အဆခြေရည်, น้ำย่อย, ນ້ຳຍ່ອຍອາຫານ, 胃液, 위액, 胃液を指すこともある, dịch vị, magen säure, fluide gastrique, getah lambung, gastric juice.)



# Pubbo

ပြည်

ဓာတ်

น้ำหนอง/ น้ำขมออก

ຂຸ້

पीप

पिब

पूय

고름

脓/膿 (うみ)

Mủ

Eiter

Pus

Nanah

Pus



# Lohitam

သွေး

රුධිරය, ලේ  
น้ำเลือด / เลือด

रक्त

रक्त/खून

रगत

লোহিত/রক্ত

血

血 (ち)

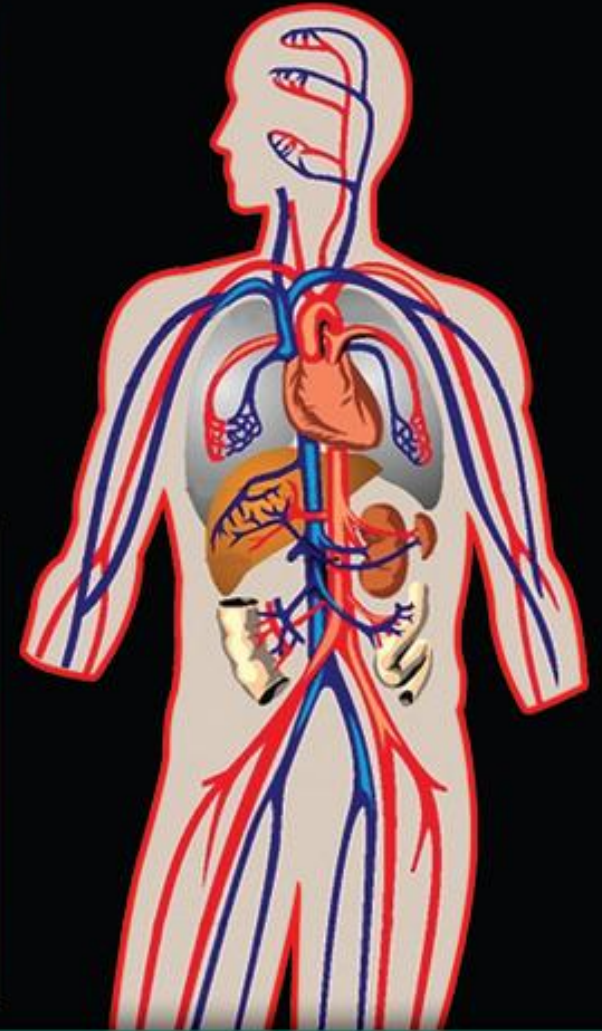
Máu

Blut

Sang

Darah

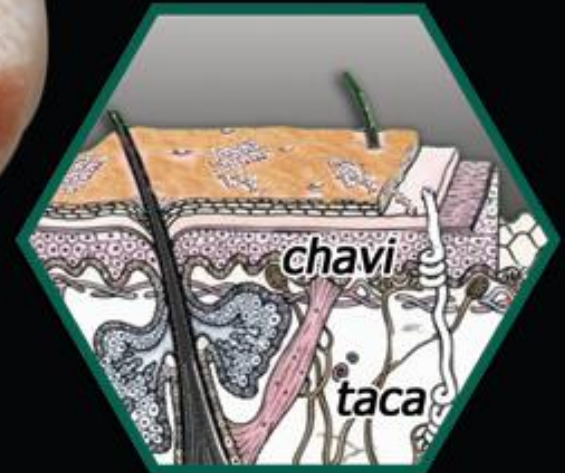
Blood





# Sedo

ခွေး  
ခန္ဓာဗိဇ္ဇာ  
น้ำเหงื่อ / เหงื่อ  
ញើស  
पसीना  
पसिना  
স্বেদ  
땀  
汗 (あせ)  
Mô hôi  
Schweiß  
Sueur  
Keringat  
Sweat

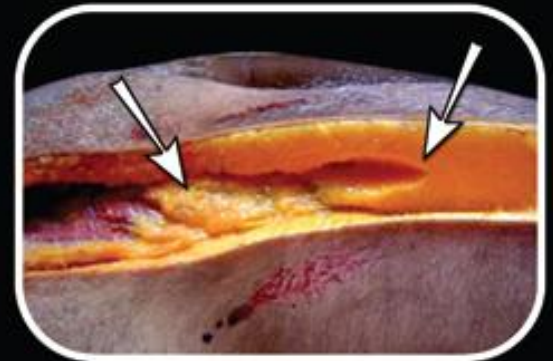
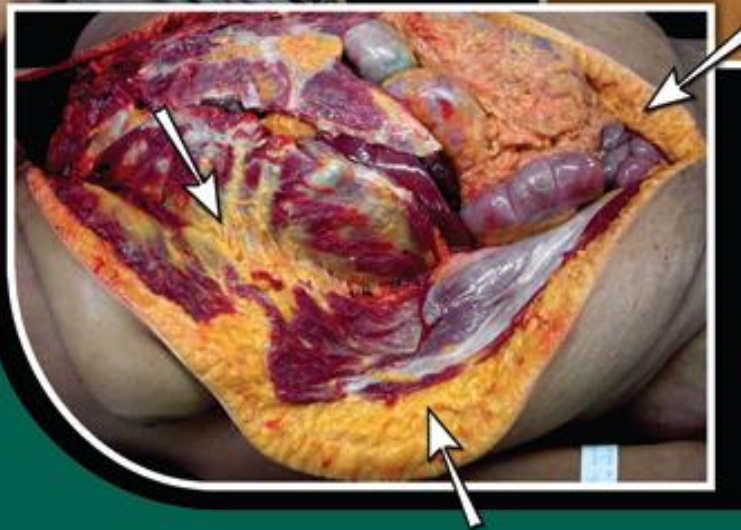
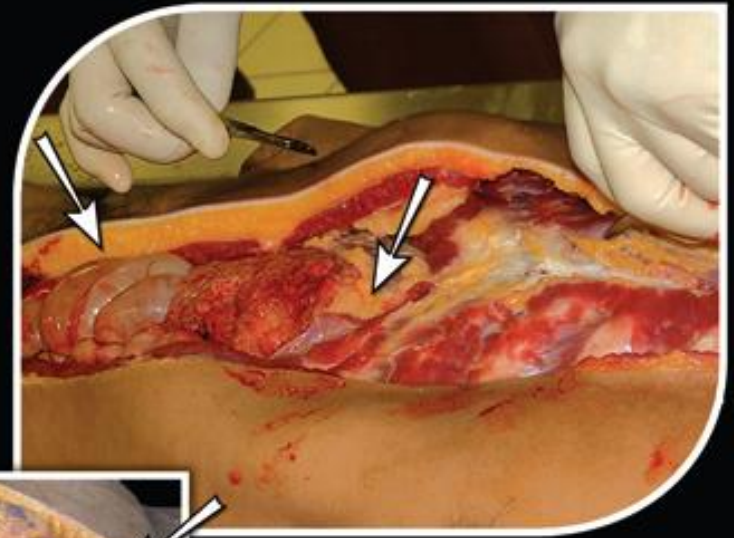


The meditator who discerns sweat should only give his attention to it as it is to be found filling the pore-openings of the head hairs and body hairs.

*Visuddhimagga*

# Medo

အဆီခဲ  
စီဇုထ  
น้ำมันจัน / น้ามัน  
ခွာဏှာဗ  
चर्बी  
बोसो  
মেদ/চর্কি  
굳기름  
脂肪 (しぼう)  
Mö  
Fett  
Graisse dure  
Lemak  
Fat





# Assu

မုက်ရည်

ဆဋ္ဌဗီ

น้ำตา / น้ำตา

စိကကြွေ

आँसु

आँसु

अश्रु

눈물

泪/涙 (なみだ)

Nước mắt

Tränen

Larmes

Air Mata

Tears



# Vasā

ဆီကြည်

ဝါဏ, ဝါရုဏ္ဏ ဘေဇီ

น้ำมันเหลา/ไขมัน

शुण्ण' गर

शरीर का तेल

सफातेल

তেল

기름기

油 (あぶら)

Dầu da

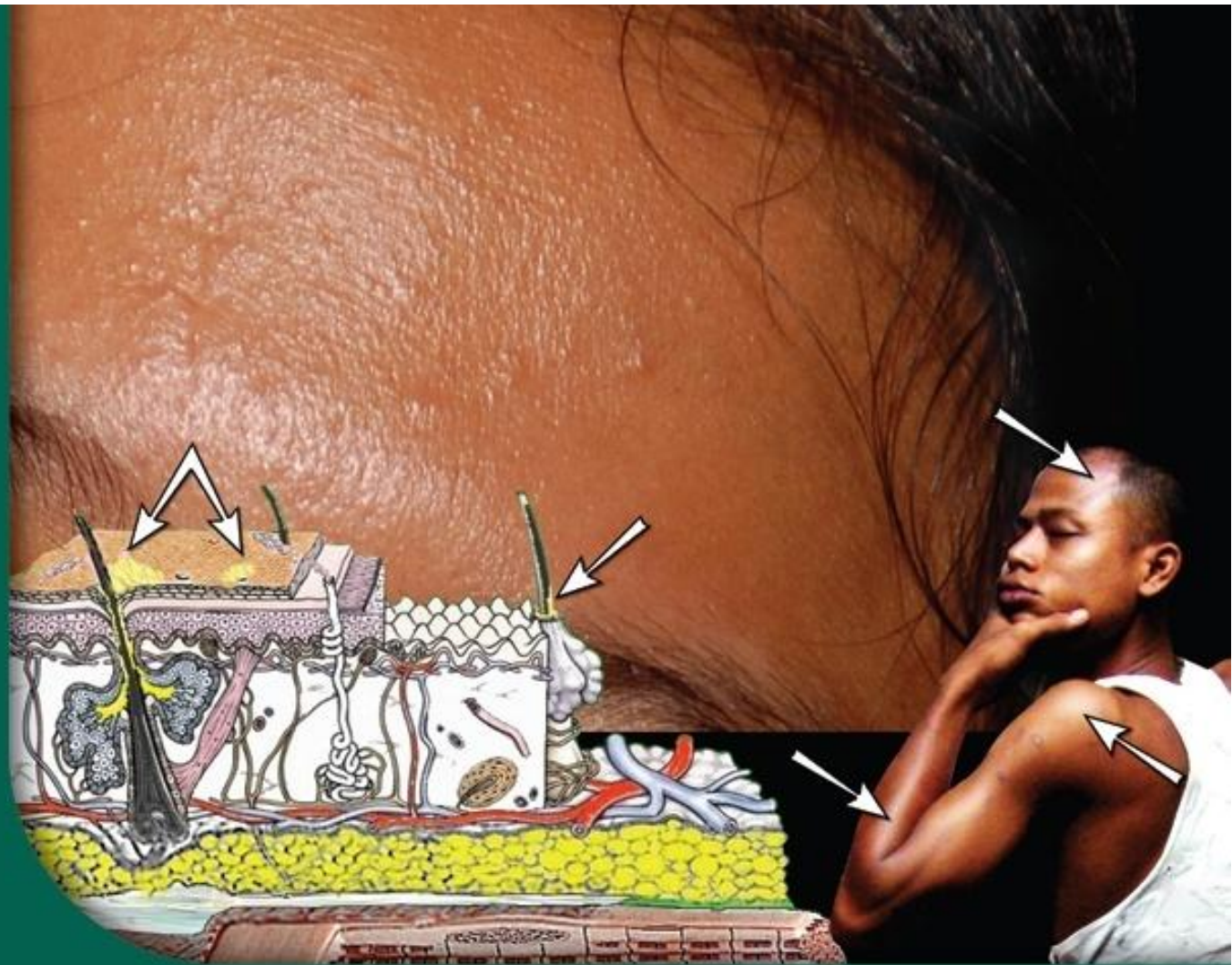
Hautschmiere

Graisse liquide

Minyak

Grease

28/32



Vasā is to be found mostly on the palms of the hands, backs of the hands, soles of the feet, backs of the feet, tip of the nose, forehead, and points of the shoulders.

*Visuddhimagga*



# Kheḷo

တံတွေး

ဆေး

น้ำลาย / น้ำลาย

စိကဏတံ

थुक/लर

थुक

थूथू

침

唾液 (だえき)

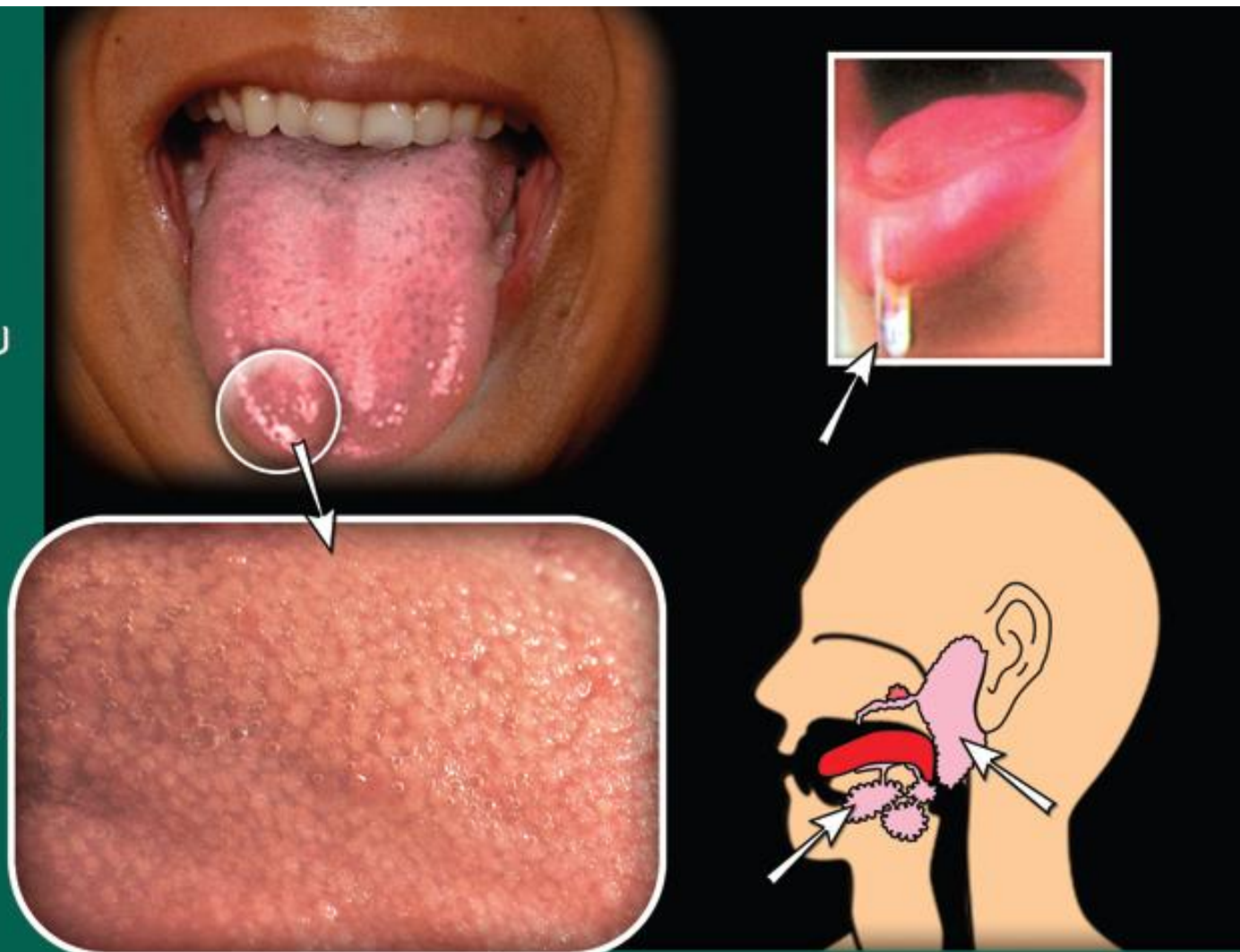
Nước miếng

Speichel

Salive

Ludah

Saliva



# Singhāṇikā

နပ်  
ဆော့  
น้ำมูก / ຂີ້ມຸກ  
စိကសເຟາ  
सिंघान  
सिंघान  
सिक्नि  
콧물  
涕/鼻汁 (はなじる)  
Nước mũi  
Rotz  
Glaire  
Ingus  
Snot





# Lasikā

အဝေး

සලඹිදුරු

น้ำไขข้อ / ไขข้อ  
နီကံမိလ

जोड़ों को तर रखने वाला पदार्थ  
हड्डी जॉनी मा हुने तरल पदार्थ

ਲਸਿਕਾ

관절액

关节液/關節液

(かんせつえき)

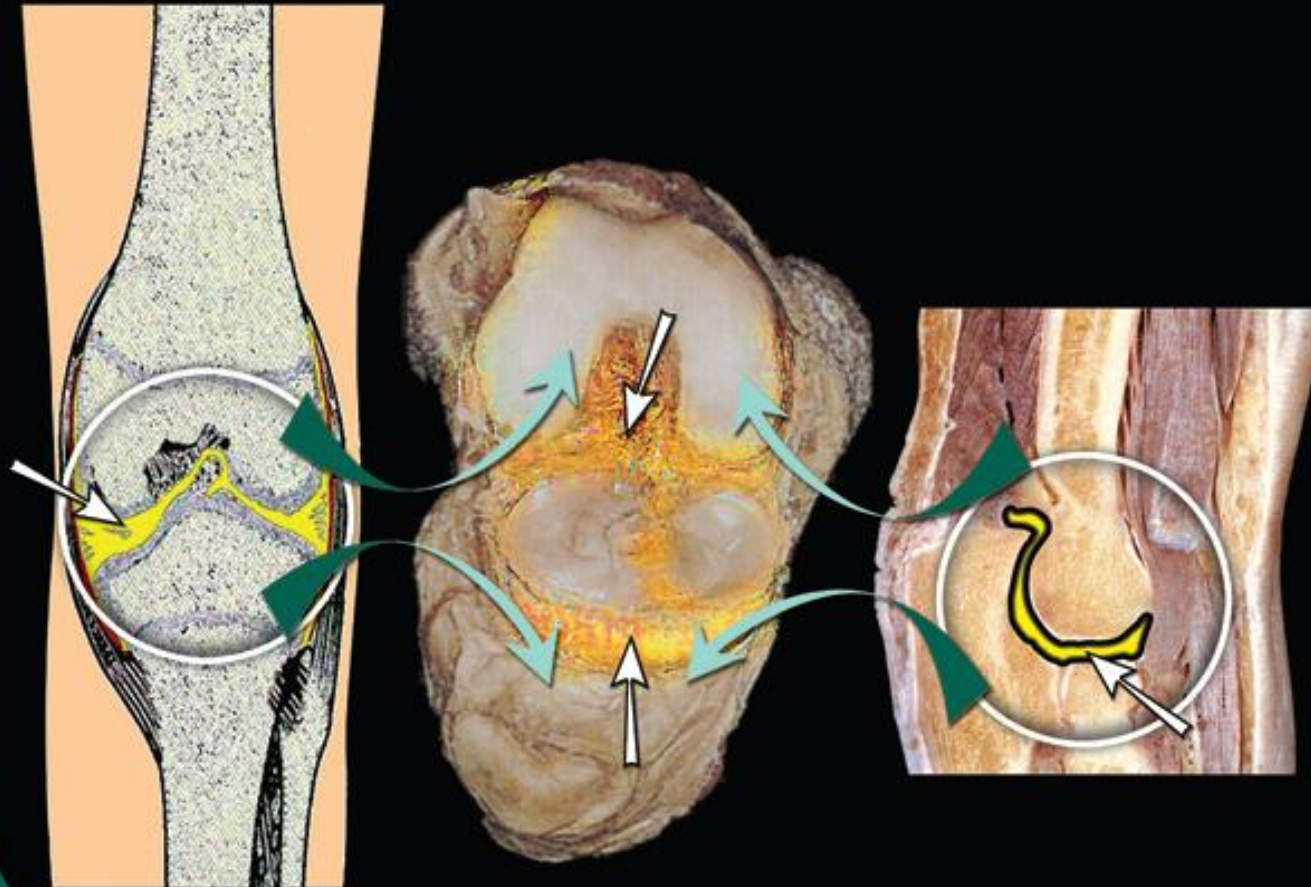
Nước khớp xương

Gelenkschmiere

Synovie

Pelumas

31/32 Synovia



*Lasikā* is the slimy ordure (*picchilakuṇapaṃ*) inside the joints in the body, serving the function of lubricating the bones' joints.

[Visuddhimagga](#)

# Muttam

ကျင့်ငယ်

ဗြဲဗြဲ

น้ำมูตร / น้ำขุ่น

စိကမုတ

मूत्र/पेशाब

पिसाब/मुत

મૂત્ર

오줌

尿/小便 (しょうべん)

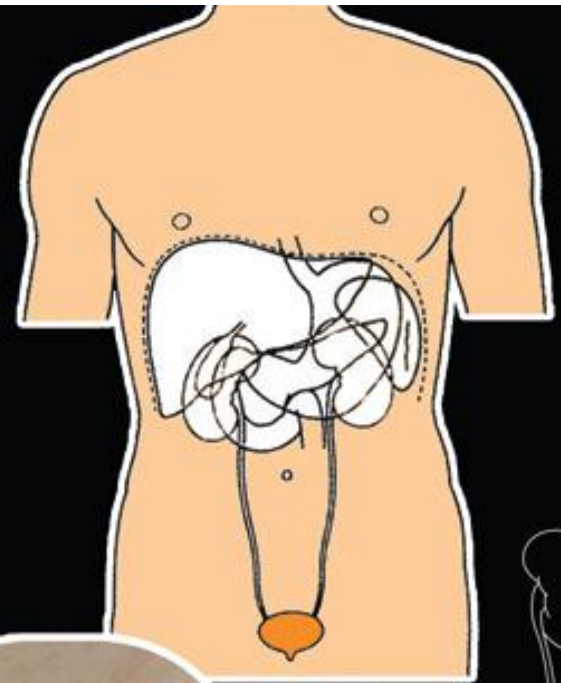
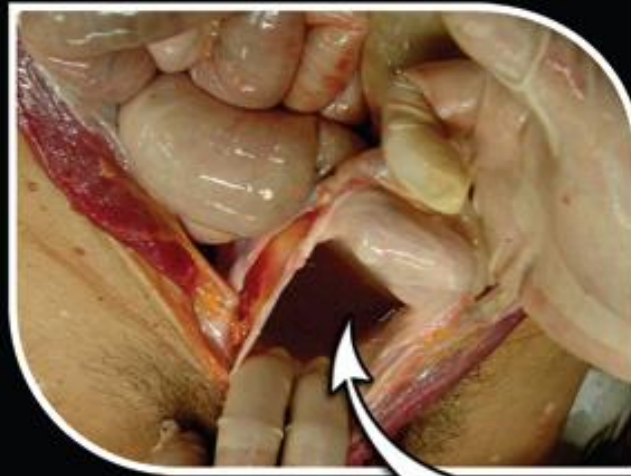
Nước tiểu

Harn

Urine

Air Seni

Urine





*So let a man, if he is wise,  
Untiring devote his days  
To mindfulness of body which  
Rewards him in many ways.*

*Visuddhimagga - VIII, 144*

**A Gift of Dhamma**

**Not For Sale**